252 Most village women are proud of their abilities as cooks.
462 Several village men are also extremely skilled, hiring out
[463] as cooks on special occasions and almost every village man can prepare an adequate meal. Some men cook quite often in their homes although their wives were considered the regular cooks. When a women is working for wages on a job while the man is home early, he will often prepare dinner. Also, if a wife is sick, a man will substitute in the kitchen if there is no other adult female kinsman in the household. There are only a few men who have never substituted as cooks for their wives. Nevertheless, when a man cooks for either special occasions or as a substitute, women will almost always clean the kitchen and wash the dishes.

263 Peanut oil, ginger, soy sauce, red sauce, and
252 monosodium glutamate are important items in cooking. Most dishes are combinations of various ingredients and spices. It is often jokingly stated that no Chinese dish is composed of less than ten items. Cooking techniques include sauteing, deep frying, and steaming. Of course, boiling is important for soups.

271 Water can not be consumed without boiling it first.
272 Since Sanlei was a tea processing village, tea usually replaces plain boiled water. However, the tea is usually very weak and of poorer grades; a single set of tea leaves
273 was reused several times. Wine or beer is for special occasions only although there are a couple of men in the